

## UNTAMED \* Embodying Consciousness

*An elemental journey for women and men*

**May 2026 – January 2027**

There is something in you that longs to be lived, not as an idea, not as a role, not as a better-managed version of yourself, but in the body, in the breath, in the tremor and truth of being alive.

UNTAMED is a journey for women and men who feel called to loosen inherited patterns, soften old protections, and step into a more rooted, intimate, embodied way of living.

Across five elemental weekends, we enter the alchemy of incarnation, bringing consciousness into the body, presence into relationship, and longing into lived reality. We explore the dance between love and will, feminine and masculine, structure and flow, not to resolve polarity, but to become more conscious within it, and more real inside ourselves.

This journey is for those who are tired of being too much or never enough, tired of performing, holding, managing, or disconnecting, and who long for grounded power, embodied intimacy, emotional truth, and a deeper inner axis from which to live, choose, and relate.

Through movement, inquiry, embodiment, relational practice, and elemental archetypal work, UNTAMED opens a space where what has been split can begin to meet again, where body and being, tenderness and clarity, wildness and responsibility, can come back into contact.

### **Who this journey is for**

- tired of being too much, or never enough
- disconnected from body, intuition, eros, or direction
- caught in inherited relational patterns
- overwhelmed by roles, strategies, or emotional load
- longing for grounded power, embodied intimacy, and deeper truth
- ready to move, breathe, feel, create, and relate from essence

## The 5 Elemental Weekends

**Mother / Father** — belonging, self-parenting, inner safety, the root of remembrance

**Warrior** — sacred will, aligned boundaries, clarity, direction, and impact

**Lover** — eros, emotional intelligence, tenderness, sensual aliveness, embodied intimacy

**Shaman** — intuition, subtle perception, ancestral resonance, the body as oracle

**Essence** — beyond identity and performance, the untamed pulse of your being

*A journey into the mystery lived through the body.*

## Dates

**9th–11th October 2026**

**27th–29th November 2026**

**15th–17th January 2027**

**12th–14th March 2027**

**7th–9th May 2027**

## Participation

You can now join with a **minimum commitment of 3 weekends**, or choose to walk the full 5-weekend journey.

This allows more flexibility while still honouring the depth of the work and the coherence of the field.

## Pricing

**One weekend:** 450 EUR

**Minimum commitment, 3 weekends:** 1350 EUR

**Full journey, 5 weekends:** 2000 EUR

Includes accommodation, organic meals, facilitation, pre-journey preparation, and post-journey integration support.

## Where

**Soul Sanctuary, Casa del Arte, near Barcelona**

Overlooking the Mediterranean, held by the Catalan forest.

Small group, maximum 14 participants.

### **Next Step**

Book a 15-minute call with Elisabeth to feel together your readiness, intention, and whether this journey is the right next step for you.

**booking link:** <https://authenticcestasy.com/booking-form/>